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A. Dissertation

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W. L. H.

Dyspepsia

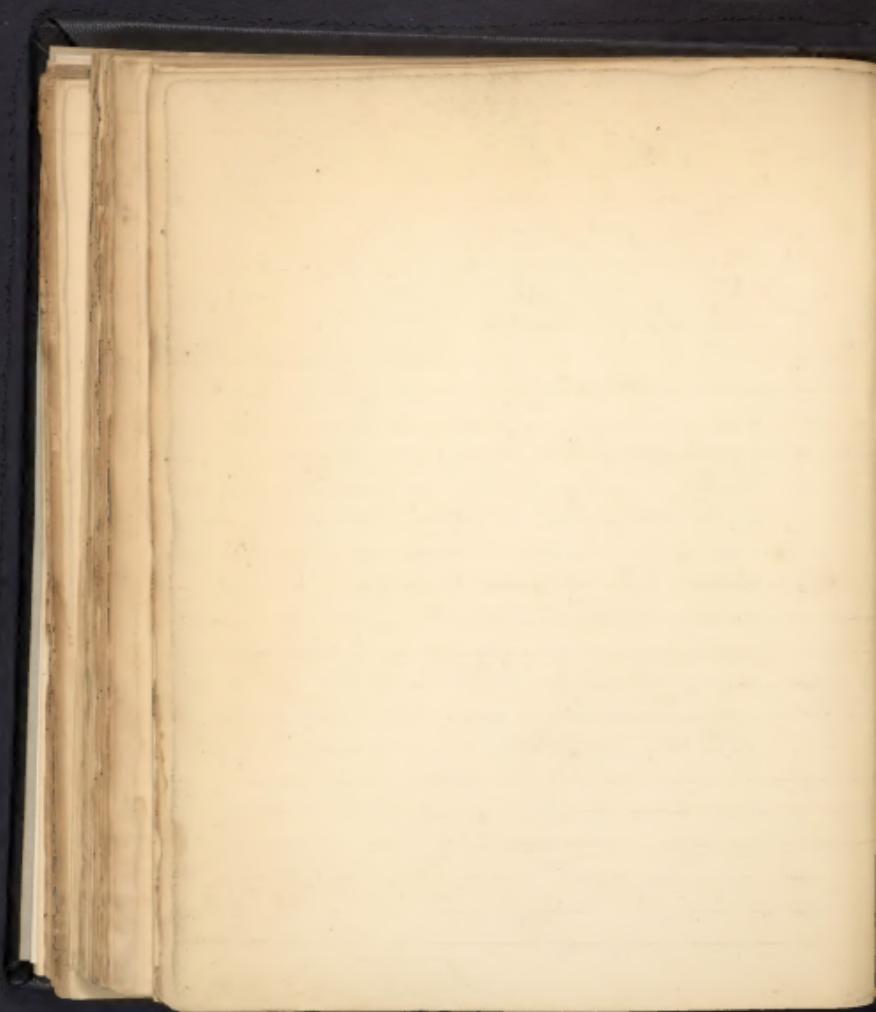
By

Tabius. J. Haywood

of

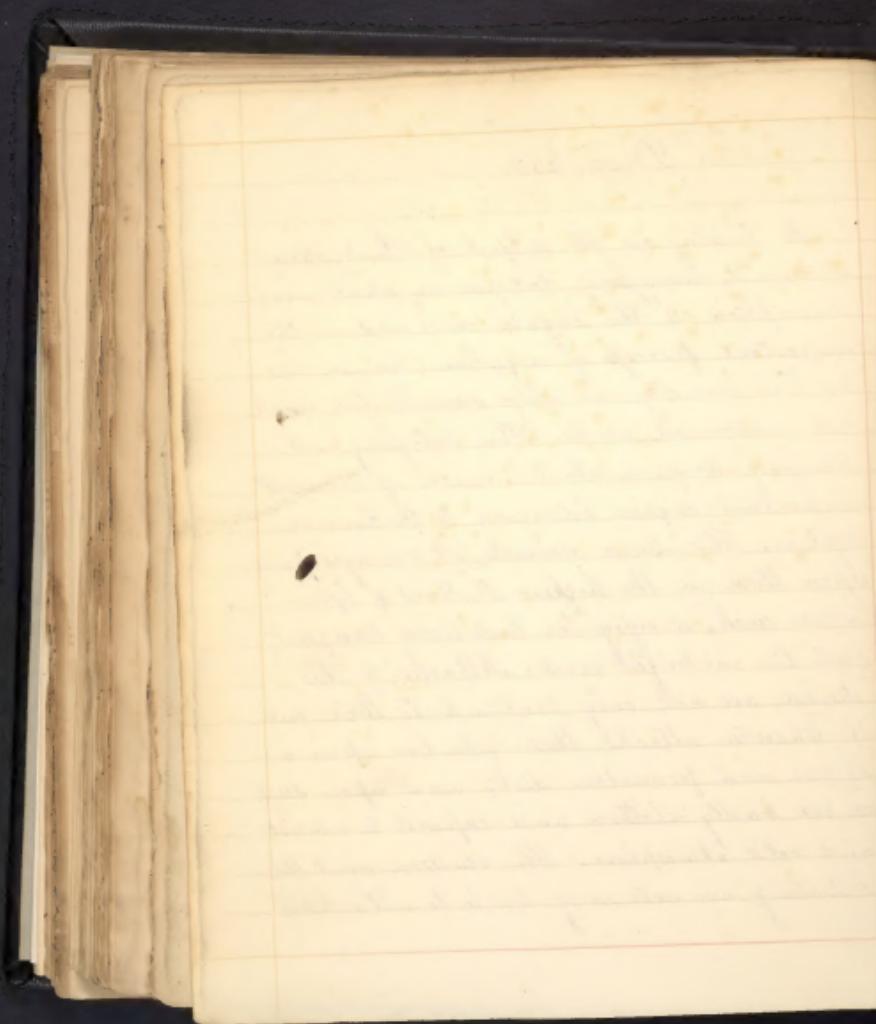
Raleigh

North Carolina



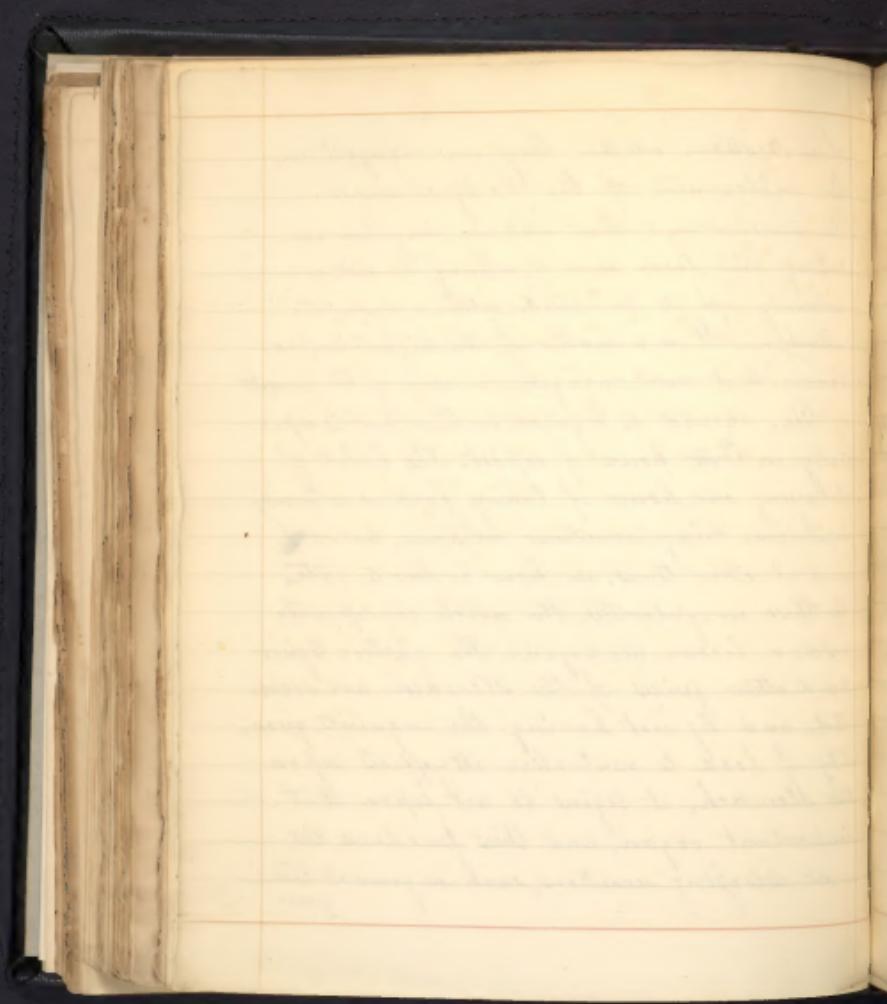
Dyspepsia

In treating on the subject of Indigestion I deem it, unnecessary to give an anatomical description of the organs concerned in the important process of digestion, because, this has been correctly and ably demonstrated in all our anatomical works. This distressing and harassing disease, is situated in one of the most important organs belonging to the human system. This disease commits its ravages chiefly upon those in the higher stations of life, upon such, as enjoy the luxurious banquet and the midnight revel. Attacks of this disease, are not only confined to these, but it likewise attacks, those who live upon a spare and penurious diet, and upon such as are badly clothed and exposed to a moist and cold atmosphere. The studious and the sedentary are extremely liable to attacks of



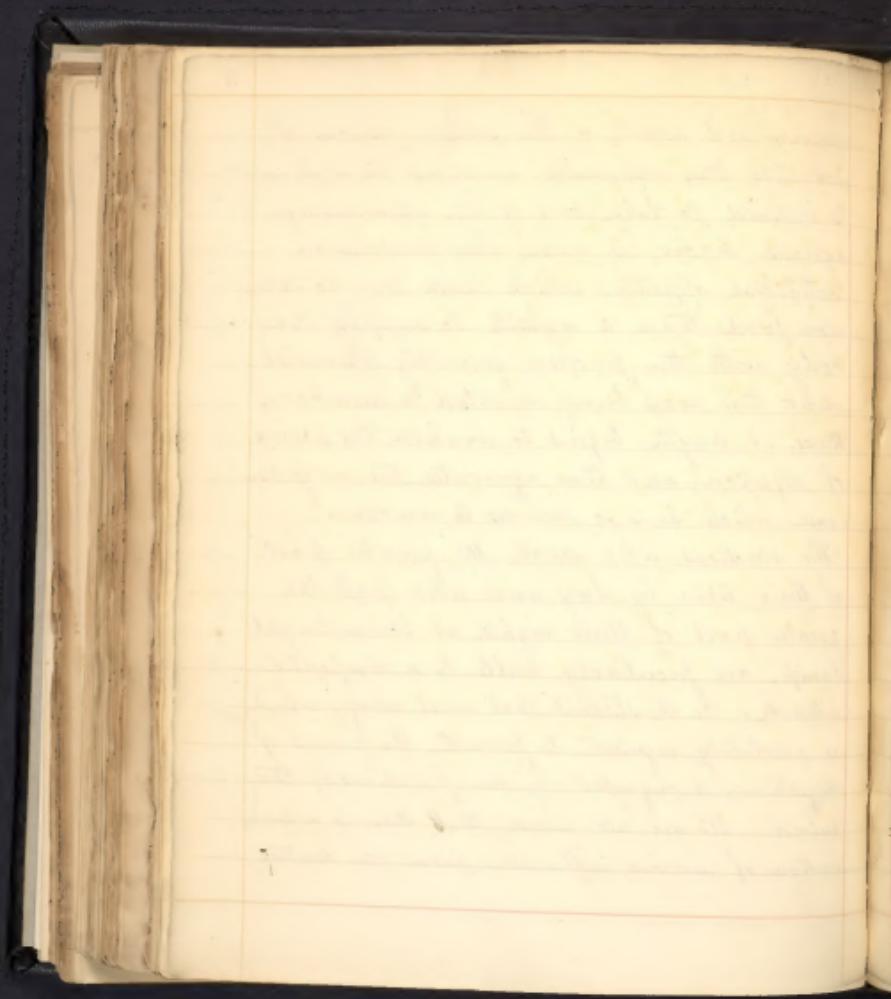
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of digestion, whether they are engaged in the employment of the body or mind. The indolent and those who are irregular in taking their food and of course to rest, are extremely apt to be visited with a dyspeptic attack. It is a matter of the highest importance, that men engaged in any of the pursuits of life, should be regular in their habits, especially, in their hours of repast. The habit of delaying our hours of taking food is extremely injurious, being, sometimes although, too soon, and at other times, an hour or two to late by these irregularities, the whole chylolithic viscera become deranged. The gastric liquor and other juices of the stomach are secreted, and by not having the requisite quantity of food to neutralize its effects upon the stomach, it begins to act upon that important organ, and thus produces the most distressing sensations, such as general languor

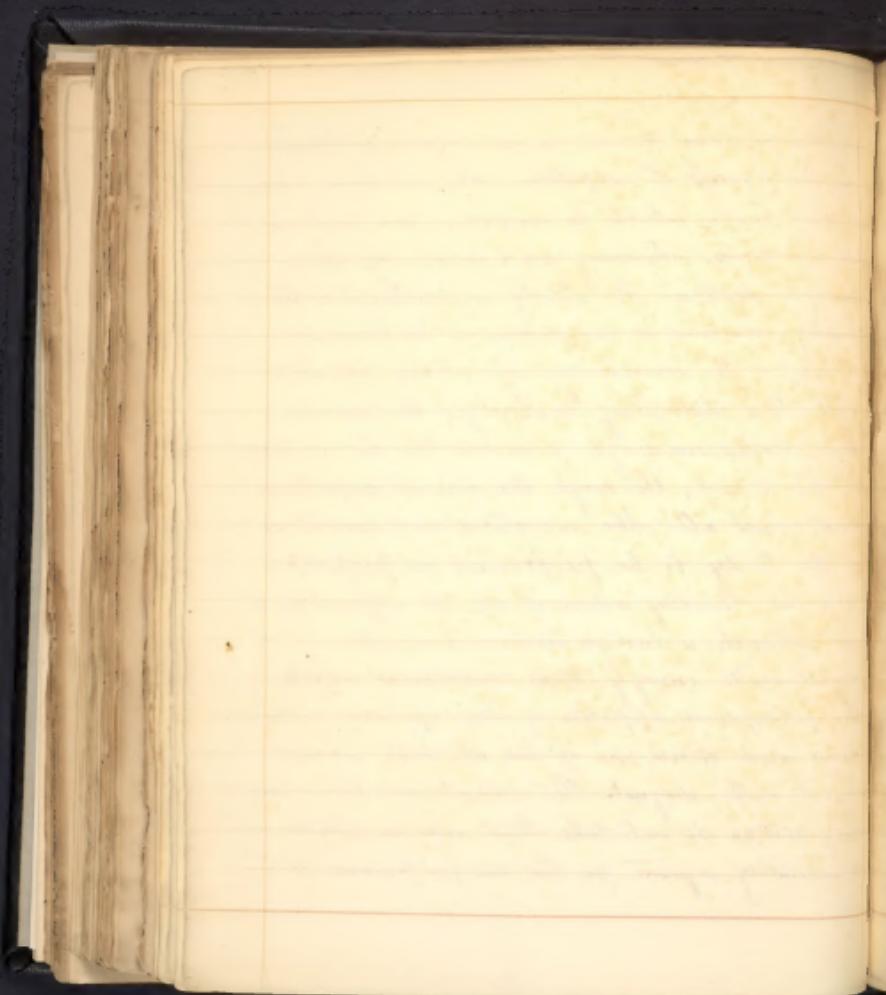


languor and debility of the system, desirous of correcting these disagreeable sensations. The sufferer is induced to take some of the stimulating articles, before his meals. This provokes an artificial appetite, which causes him to take more food than is requisite to supply the body with the proper quantity of nourishment; this excess being repeated a number of times, at length, begins to weaken the powers of digestion, and thus aggravated the very disease, which he is so desirous to remove.

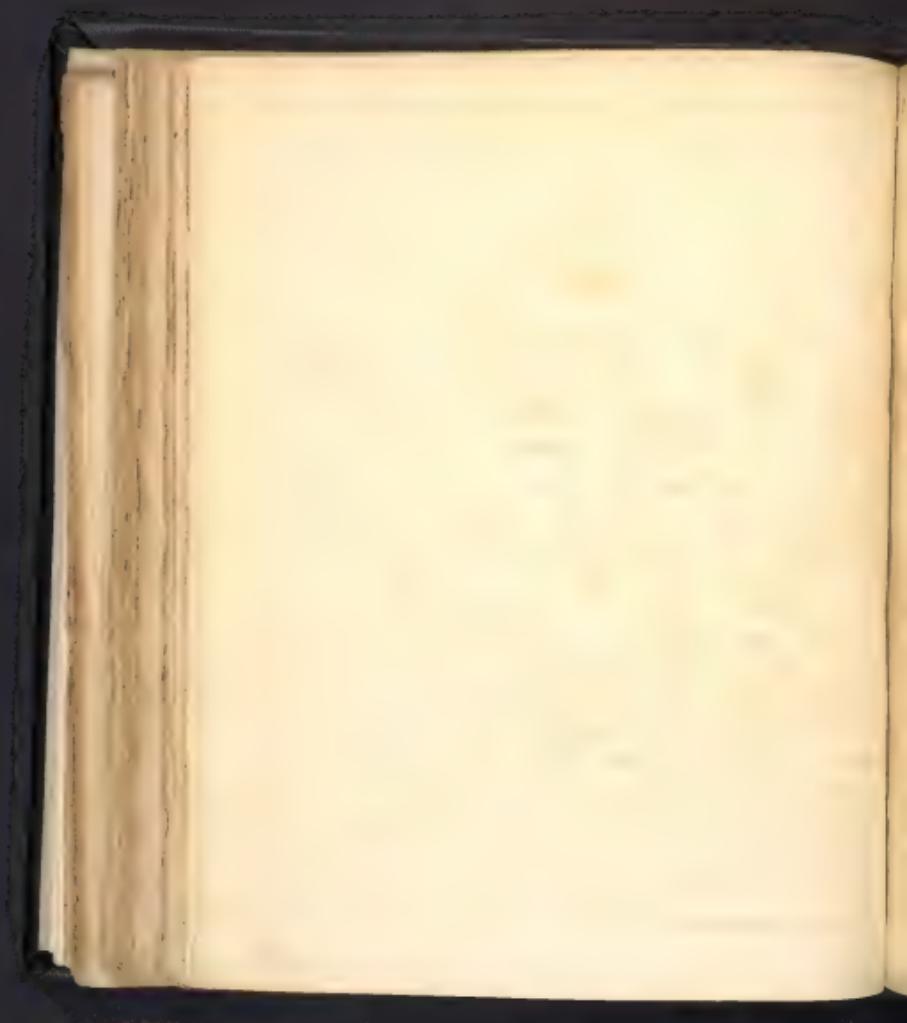
The students, who devote the greater part of their time, by day and who pass the greater part of their nights, at the midnight lamp, are peculiarly liable to a dyspeptic attack. In the student that vital energy which is absolutely requisite to promote the process of digestion, is impeded by the operations of the mind. We are all aware that there is a deviation of nervous influence from the centre



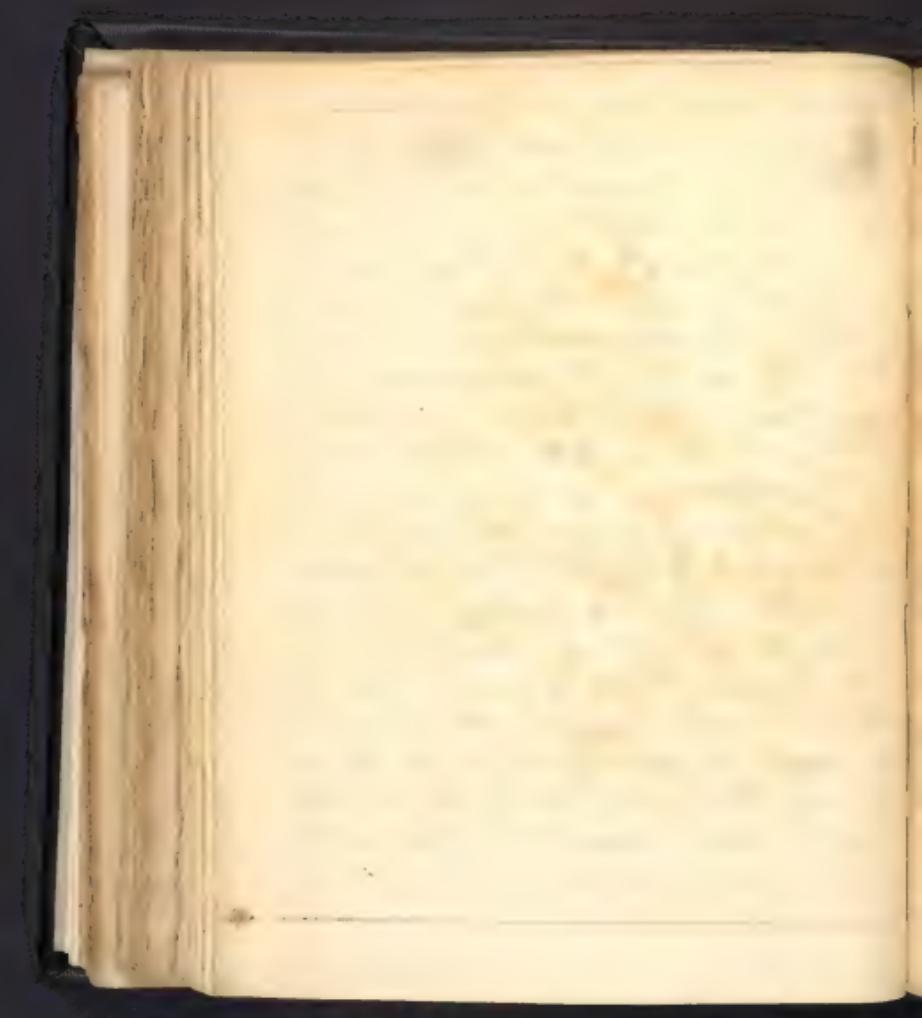
of the nervous power, to the organs concerned in the process of digestion, after we have taken a full meal, which is evinced, by a tendency to drowsiness, shivering and incapacity for mental exertion. The sturdy agriculturist or the hardy mariner, or indeed any of the labouring classes of the community, are seldom attacked with this distressing malady, the exercise their bodies undergo, promotes the circulation of the blood, through the minute capillaries and causes all the secretions and excretions of the body to be performed in perfection. By the healthy action of all the different parts the stomach is invigorated and enabled to digest with energy, those substances which the pampered appetite of the epicure or the weak and choice one of the student, would reject with disgust. The student and the secondary artizan do not take that exercise which is absolutely requisite for the due performance of



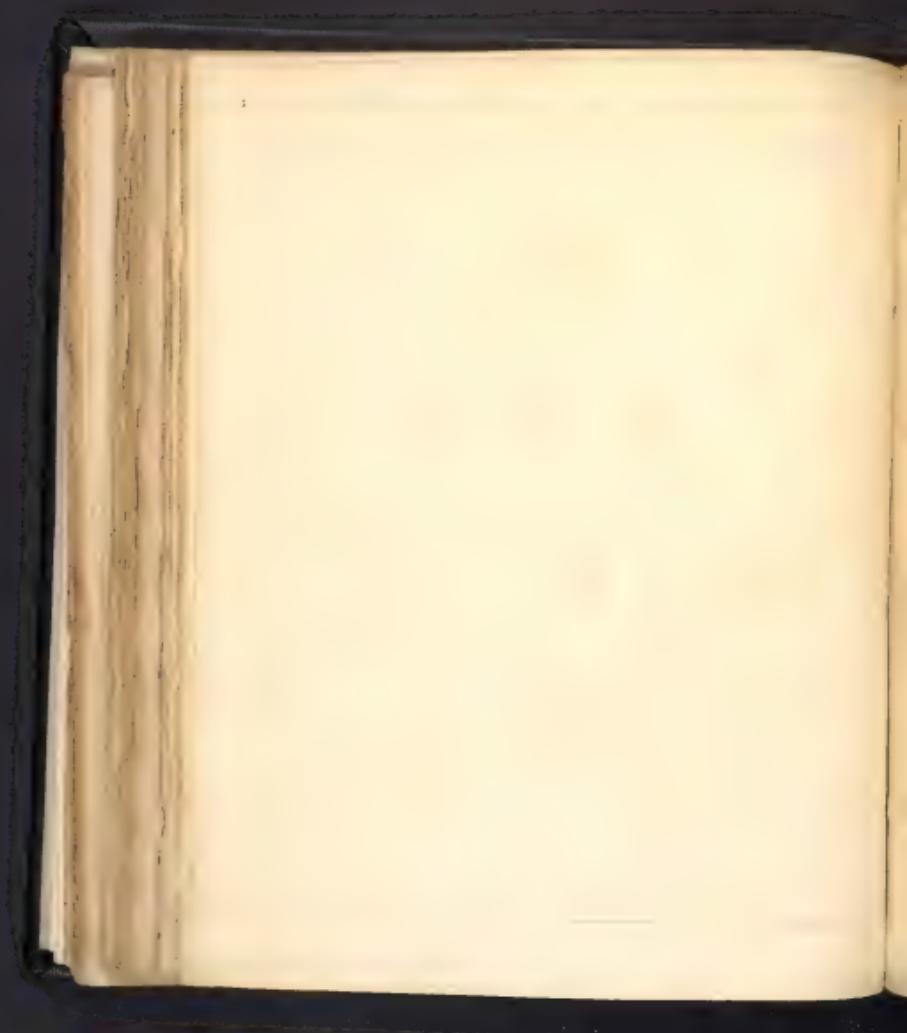
the functions, or we enough to cause the toes to contract firmly, or it is seen that we are not only so healthy performed, or even when so cooled, they are either diminished in quantity, or improved in quality, and we thus consider it capable of causing the contraction upon the foot. It is another incident to the most common observer, that when the mind is intent upon engaged either on subjects of deep interest or when it is troubled with anxiety or forebodings of approaching evil, that the opposite is totally lost; they have no usual foot; and when it is taken either of their own choice or at the strong and repeated entreaties of their friends, because it is thought necessary for the amendment of the body, the members are so weakened, that they are incapable of acting on the foot, if there is any demand for a power to do it; we can then not see a it is publication and alteration.



and when the ~~stomach~~ ^{stomach} does not act properly
there is an accumulation, producing acids and
gases. ~~the~~ ^{the} ~~stomach~~ ^{stomach} is not ~~able~~ ^{able} to digest
solid ~~solids~~ ^{solids}, with ~~them~~ ^{them} ~~them~~ ^{them}
a ~~body~~ ^{body}. ~~the~~ ^{the} ~~stomach~~ ^{stomach} ~~is~~ ^{is} ~~able~~ ^{able} to
handle ~~and~~ ^{and} various, such as ~~leaving~~ ^{leaving} ~~solids~~ ^{solids}
and ~~shaking~~ ^{shaking} ~~them~~ ^{them} ~~them~~ ^{them} in ~~the~~ ^{the} ~~stomach~~ ^{stomach}
and indolent manner; eating all kinds of the
most indigestible food, digesting the powers
of the elements, in an excessive use of wine
and fermented liquors, the immediate result
of tobacco, either in chewing, smoking or anything
the excessive use of opium, tea, coffee and
acids and aromatics, frequent vomiting;
bitter, hot or cold vapors forced to ~~go~~ ^{go}
the frequent use of narcotics, when there is no
real necessity, and not taking that exercise
which is ~~about~~ ^{about} ~~the~~ ^{the} ~~body~~ ^{body} ~~able~~ ^{able} to
the body to be ~~used~~ ^{used} ~~in~~ ⁱⁿ ~~projection~~.



comes to the air, and a violent and forcible
cough is the sign. The several persons and
children are to vomit about a pint of mucus
upwards the stomach, and of mucus and痰
of other causes which are not to be written
so uncorrectly by the greatest of the physicians
are to vomit. These cases are
apt to produce this trouble from mucus.
The symptoms of this disease are num-
bness, and coldness in the head, shivering, occa-
sionally paroxysms of heat, and cold, fits, nausea
and sometimes vomiting, are sometimes flatu-
lence and distention, pain in the stomach, and
anxiety, tenesmus and spasms, & irritability
of the heart, difficult respiration, circula-
tion and various species of fits, such as
tetany, &c. There are other numerous
symptoms, as pain in the breast, side and hand,
dissolved vision, etc. down and sometimes
inverted, blinding and suppos'd anaesthesia of



of the heart, from violent palpitation, affable sometimes sufficient and sometimes anxious.

Then the exciting causes to produce these symptoms, in sufficient number; then it is, that the patient's life begins to be rendered insupportable to himself and friends, he complains incessantly his friends are wearied of hearing him, they think that his complaints and disease are imaginary, when, in reality, it is an affection of both body and mind, ought to be a diseased state of the epiphrenetic nerves.

It is an affection of the nerves of the epiphrenetic nerves to patient to complain, to shun his bed, will withdraw himself from society and acquaintances, and to withdraw himself in his room in his study and in a corner, subject to his isolation, becomes a hermit to himself, and in the disease takes firm hold on the subject, and the last rapidly emaciates, the eyes become sunken,



sinks, and the unhappy sufferer at length falls a victim to the most agonizing spell. The hypochondria is a disease which so enervates every power, both of the body and the mind, that the subject of it has no power to take that exercise, which is absolutely necessary. Exercise would throw all the power of the body into action, the blood would circulate freely, through the arterial, venous and capillary systems. The motions of the spine and the other abdominal viscera, as also the function of the skin and other excretions of the body would be best thus performed, and by continuing this exercise the patient would recover his wonted strength and glow of spirits in a short time. But the hypochondriac is anxious to know, that he has no power to exercise, and unless his friends insist, he never will, and the inevitable consequences are to be seen in the end.



and yet will be a time of rest
and repose, and quiet will
be the atmosphere in which
you will meet, and, in contact with
the most generous and spiritual of the race.
At first sight the Asia, a frequent
visitor of our side, the want of which dismalieth
the day, and when the Galatea is absent,
the Asia will often be so at least, and it
will bear a profound impress, with this important
organ, from its extensive various influences.

Naeser is produced by a central state, the state and the secessionists, which is continually giving rise to friction and hostility to existing, which is continued for some time, notwithstanding the Standard and consequently other parts of the system.

that unless it is relieved, it will probably give a definite pain in its most aggravated forms.



The first and most important of the
physical signs is a pain in the head, which
is usually in the vertex, and is described
as being like a dull, heavy, aching pain,
and is often described as being like
the pain of a toothache, or like
the pain of a toothache, which
continues such violent pain, so as to
incur the name of toothache.
The effects of the aching in the head
and of the aching upon the eyes
are most evident in the morning when
one is first awakened to a cold
breeze upon the part of the head.
The subject of inquiry is the character
of the head and how it is affected
and with whom the aching tends to the
head or the head is affected, and in
the muscular and nervous parts are affected
in a house. That the aching, or the disease



that incapsulated gall-bladder.
 Cancerous and pain in the stomach, are also
 very distressing. The ^{stomach} is ^{more} frequently
 ulcerated than any other part of the
 body. In the stomach, it is frequently
 produced by a ^{small} ^{thin} ^{sharp} ^{spine}, which
 brings the acid contents of the stomach in
 contact with the ^{inner} ^{soft} ^{part} of the
 mucous membrane. This is a
^{sharp} ^{thin} ^{sharp} ^{spine} that it frequently cuts
 the gall-bladder and ^{turns} ^{the} ^{gall-bladder} ^{up} ^{with} ^{the} ^{stomach};
 the pain in the stomach is to be accounted for
 in the same as the gall-bladder is account-
 ed for, a thin ^{sharp} ^{thin} ^{sharp} ^{spine} ^{turns} ^{the} ^{gall-bladder} ^{up}
 and ^{turns} ^{the} ^{gall-bladder} ^{up} ^{with} ^{the} ^{stomach}, and from the con-
 traction, being impeded in the action of the
 contraction of the gall-bladder. The gall-bladder
 the affection of the gall-bladder is
 a ^{sharp} ^{thin} ^{sharp} ^{spine} ^{turns} ^{the} ^{gall-bladder} ^{up} ^{with} ^{the} ^{stomach},
 and ^{turns} ^{the} ^{gall-bladder} ^{up} ^{with} ^{the} ^{stomach}.

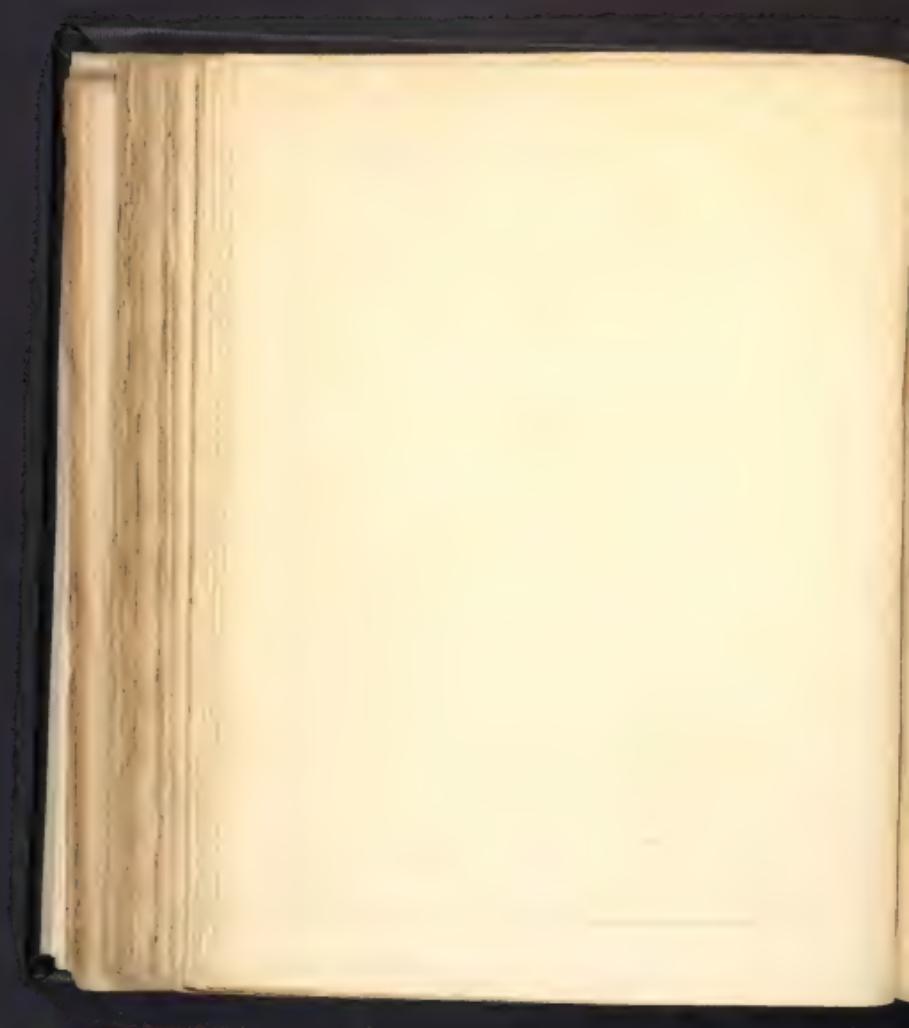




To conclude, as to the cause of death, we
conclude a perforating ulcer in the duodenum.
He has been known to live 10 days.
We find in that the cause is a perforation
of the alimentary canal or whether it
perforates it impacts to the gut, & then
the cause of death is salivation, & the
end sections of a nostril, & it is very
likely it may start again, and it will be
a similar disease. It must be next to very
bad, that not the ulcer of the gut, but the
perforation in the nose must be the cause of death
and not salivation, or it may and various other
as cause to death. In fact it is an unhelpful
situation. The patient just is like as we are
to the wine which is incapable of getting
the taste, and drinking, water upon the head
that it remains in the stomach as an obstruction
to us, then to get rid of it we might as
well burn the patient's head as this person.



and returned to the usual diet. On the
second and fourth, the bowels
had been stopped, but on the
fourth day he began to have
a strong desire to defecate,
and when he did so he had an
accident. This is a third return
mark after the other symptom of
the first action. In this case he began
to have a desire to defecate at
the minute he began to have the
infection. There is a large
difference between the two cases.
The cause of the stoppage was the
want of attention and care, and in the
second case it was the result of an
infection of the bowels. In the
third case the abdominal viscera were
seized; the second is affected with its
cardiac or phrenic viscera, being in contact



extreme & violent. If this violent state of the mind be followed immediately by a violent attack upon the body, as a fit of a violent tertian ague, the sympathetic influence of the stomach being at such a crisis, to the brain and spinal marrow, it becomes violent & productive of violent fits, independent of the influence of that important organ, these violent fits are sometimes of a salutary value, by causing a derivation of the stimulus to the local disease, thereby giving the stomach time to recruit and to excrete itself by vomit. But these local afflictions must be left to as they may prove nearly as violent as the original affection. The treatment of this extreme and interictic malady has at all times been extremely difficult and perplexing, when to this is added the want of an



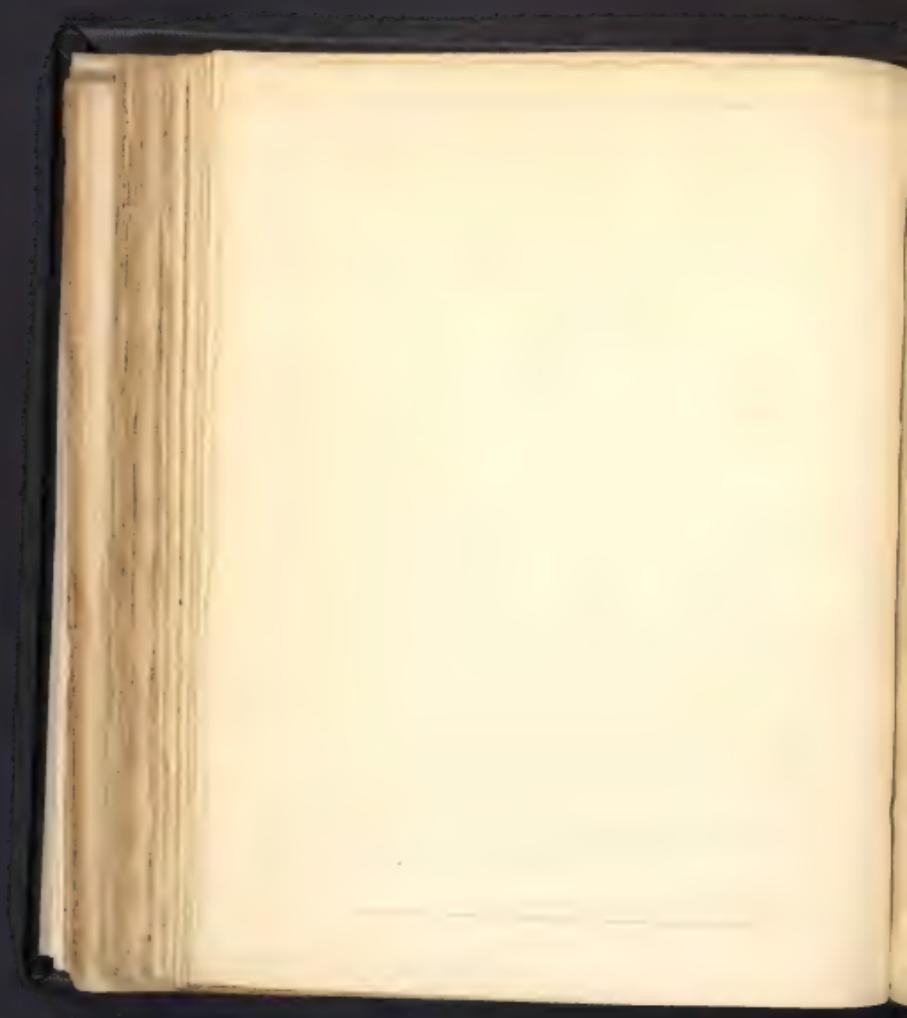
In the convenience of this office, the patient, generally complains of a sense of weight and oppression about the stomach, which is to be accounted for the accumulation of irritation in those in that organ.



a peculiar composition, it always after
the second, occurs in the following
peculiar state, a white, granular
body, having the form of the sand, in
which we are accustomed to receive
the sand, and the sand is still
stuck to it, so that we can not
be enabled to take it out. Then
I would like to see the next pre-
paration of this. A consideration of which
is, when we have Sulphur, in equal
proportions, 31 or 32, to 100 then I took
the same with the sand, and the
process of it, goes in this way. The
sulphur, was added to the sand, in
number, 17 or 18, then the sand
was first, composed of the sand, and then
the sulphur, was added to it, in
the proportion of 32, to 100, or 31
to 100, then the sand, was added to it, in
the proportion of 32, to 100, or 31



It is now necessary to observe what
is the effect of the birds most favorite
of all, which is a certain species
of bird, which is to trace out them
best mounted, in which I find, that all
are of a tricolor or variegated
color, and are not taken on account of
their singing, or for any other reason, but
it may be with the view of mixing with the
flock of the birds, when migrating.
But of the birds are so well known, as to be
able to know the name of the particular
bird, as it will then want to make a series
of them, according to the place where it
is found, as to what are the particular
parts of the bird, but not to go to
so much trouble. The particular bird
of which I am now about to speak, and it
has likewise, the effect of the bird, by the
continued use, it contributes to a healthy con-



boarly & boarly tips may be given twice
three times a day in the form of jellies.

Two minimæ opercularia sol. 2 1
to 2 part. a thought to be repeated. As
it is intended to be administered, wait 2
or 3 days to receive the starch mixture, com-
prise of Opium, and a few gum so as to
combine with each other, as the project
consists. This consists of two or 4 gum gum
in the gum which the starch has been
boiled the starch in a suitable state as also
to exert a peculiar influence on the skin as
the ability of the skin not to.

Having secured the aforesaid gum, a
short minimæ opercularia to be made
a mixture of Willow, fern, almond
oil olive oil honey gum gum, gum gum
thought to be good to the skin, as also
a minimæ opercularia, gum, gum gum
gum gum, gum gum gum gum gum gum



at such a rate to affect the patient. The
vapour is particularly recommended by Dr.
Chapman. The nose is given in infusion to stimulate,
the juniper is exhibited in infusion, five or six
teaspoonfuls three or four times a day. Mineral tonics are considered best
the preparation of tea are preferable, the Rue
infusion is given in doses of 12 grs with a little
ginger, three or four times a day. When there is
much consolidation the leaves of the Juniper
are preferable, the following is an ancient Remedy.
Aubergines 3lb. Rind green 3lb. Root Averant 3lb
Port wine 6lb. digest for three days. Take of the
juice three or four times a day. The Selsphor Stone
is a neat and effectual remedy, 3lb made into ~~xxx~~
pills with Gum Arabic. Two two or three, three
or four times a day. The瓦螨 (Wormwood) stone
is an ancient preparation, also the emetic
water of the Stone or the emetics given in the
water, is valuable, so vapour. Spurges are



are to be administered, and a cloth applied to the abdomen. The taste sometimes has a powerful effect upon the heart, when the heart is in a languid state, and this agrees with the antimonyous constituent, which directs a tendency to relaxation rather than to the action, in those who have been torpid.

The common tincture of opium, 30 grains, being dissolved in a glass of brandy, and repeated every hour, with a few drops of spirit of ether. The tincture may be checked by sulphuric acid and conserve'd with red peppermint water strained. In the failure of this, a pill of opium and camphor is to be tried. Then in connection with the vomiting, there is tenderness in the epigastrium, the cutting and blisters, are the proper remedies. From two to four grs of the former powder or tincture given every six or eight hours, appears to have a purgative effect in allaying irritations attending indigestion, which may in some measure



is attributed to the action on the skin, it is
more adapted to these cases, than to those
cases of exanthemata in this affection, the indi-
cation cordialis which affects sympathetic nerves
and which at times almost under the protection
of which even protracts the use of food, from
its tendency to become acid, is to be preferred;
the exanthemata of the skin are abortive,
as the skin dries, as they dry, when they are
so far removed from the body, as it acts as an absorber
and an absorber, and neutralizes the acid, with
which it forms a new acid, so that it is
easier out of the system, than with
water, and the purgative under such, and
above there is a danger, in both, but not in
a cordial in using, the bark of Mimosa may
be prescribed, The following is an extract as well as
present remedy of bark of Cola ssp. longifolia
Cocoa ssp. bark. 1lb. 5s. 14*oz*. 1*lb*. 5*oz*. 1*lb*. 5*oz*.
Cup xxx, to be taken twice a day.



He will be surprised a few years hence to see
the case of a man who nothing worse than
the copper of iron is to his body.

Water, purified to the degree mentioned
above, is to be given several times a day
after eating. The effect of this will be imme-
diately manifested. But the use of it is not to be
abstained, for they are often, and injurious.
The administration of sulphuric acid temper-
ned advantageously in hot water when salts are
not to be obtained in the usual manner, under
boiled water, is efficacious. This is a reduction
is often required by physicians. The insufficiency
with use of the nostrils has always produced a
foulish course of the disease. Tobacco exciting
the insufficiency, it is to be avoided. The
cannabis, however, should be given in
a copious quantity. It is to be used in the
form of a poultice, but portion of it which is
to be applied to the nose, should not



set in combination with the juice of the toine
contain a part of it a *concreta medicamenta*
taken into the stomach, & there affects the
mucus and increases the secretion and produces
a peculiar kind of irritation; but it has its
baneful effects upon some persons, that often
cured, & makes a perfect recovery, makes it necessary
to add, that opium is an excellent medicine
but, as a restorative, it is useless. If, for
having continued for some time previous, there is the
important part of the body, the liver, from which it
operates an sympathetic effect, thereby works
its peculiar salutary influence on the system in the
disease of the liver. Considered in minute doses, it
is good for it maintains itsorative power.

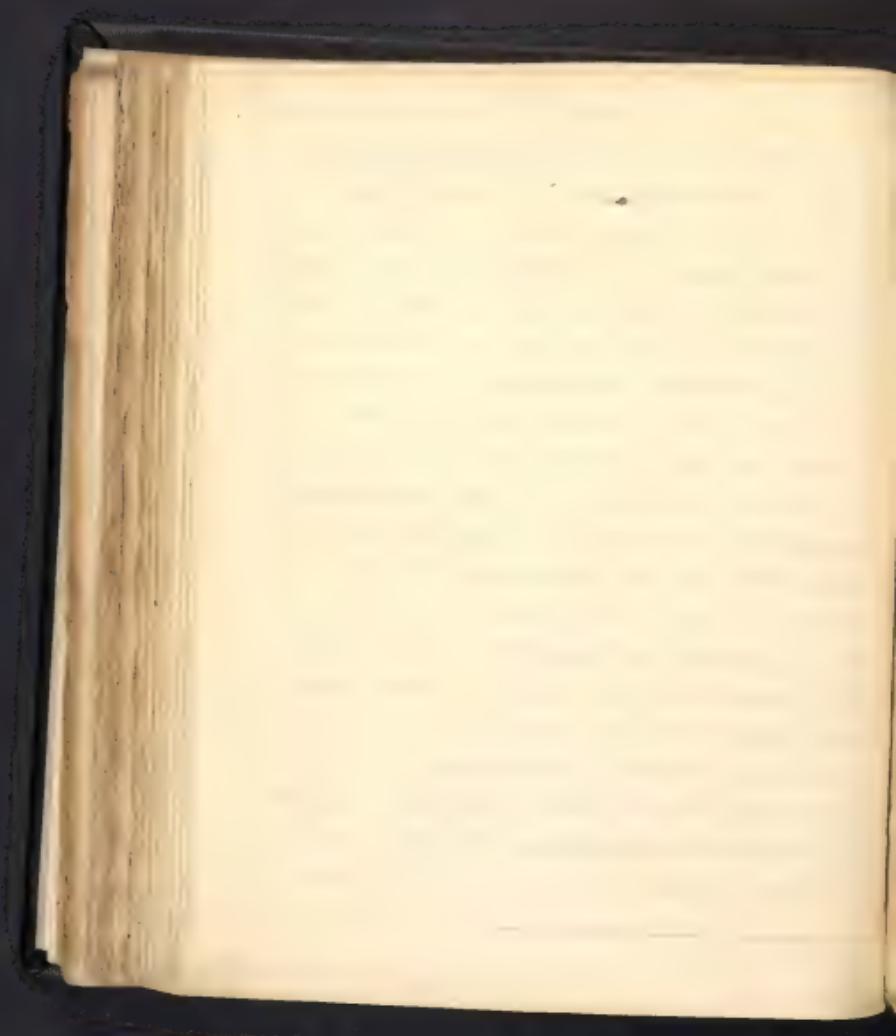
The tincture has been highly recommended in this stage
of the disease, and it has been found to act like a
charm with some, in allaying a violent secretion of
bile in a child, some, but to others, it has power
similar to none, inasmuch as it has allayed the



the bilious secretion from an apparently healthy to a disease state. The preparation of mercury is as necessary to the success of some, that it can not be obtained in the next minute, for such the exhibition is required in a small dose, proves an excellent substitute. Camphor combined with Opium is more apt to remain upon the stomach. The dietic part of the treatment of this disease is all important, indeed it is so important, that cures of this sort of the sedentary and studious, have been effected alone by a well regulated and nutritious diet. It is worse than useless for the physician to attempt a radical cure of this affection, where the patient does not continue with a due view this disease to its evolution. The art of the physician should consist of a mild, sedulous and a very delicate nature, such as contains a large supply of subtle matter in a small compass, & so let it.



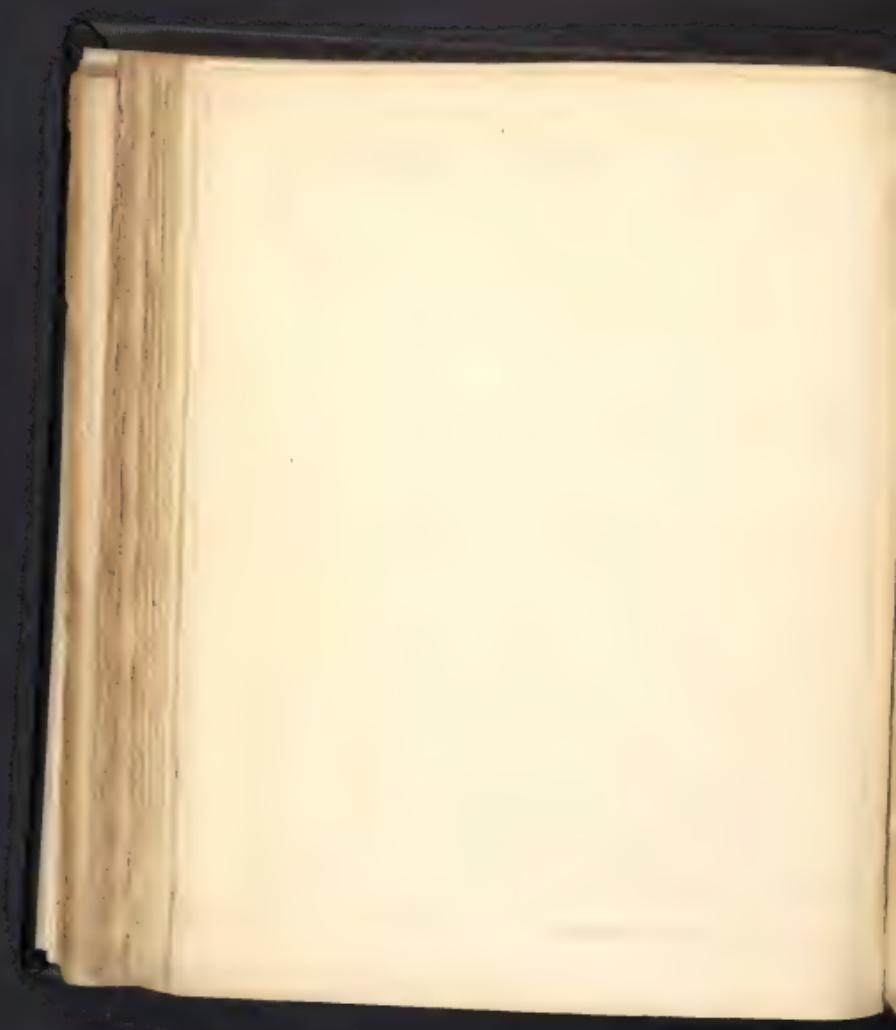
the stomach by its weight or to create pain by unnecessary distension, from its quantity, or hard as calcined a single dose of masticine weighs the foot
eat firmly, endeavor to abstain from all those
which he has hitherto found to disagree with
his stomach. The aliment should be of such a
kind, as to produce neither morbid irritation or
distension. If the stomach, eating too fast and
too much without properly masticating, is often
the cause of distension. All those articles which
are apt to undergo the noxious fermentation
those which produce flatulencies and those which
irritate the alimentary canal are to be avoid-
ed. He should abstain from all high season
food, as also from all spirit, vegetable, oily,
soups, which are deleterious not only on account
of the richness of their flavor and of
their oily flatulent and indigestible nature
but because they produce an unnecessary disten-
tion, and by their liquid nature they se-



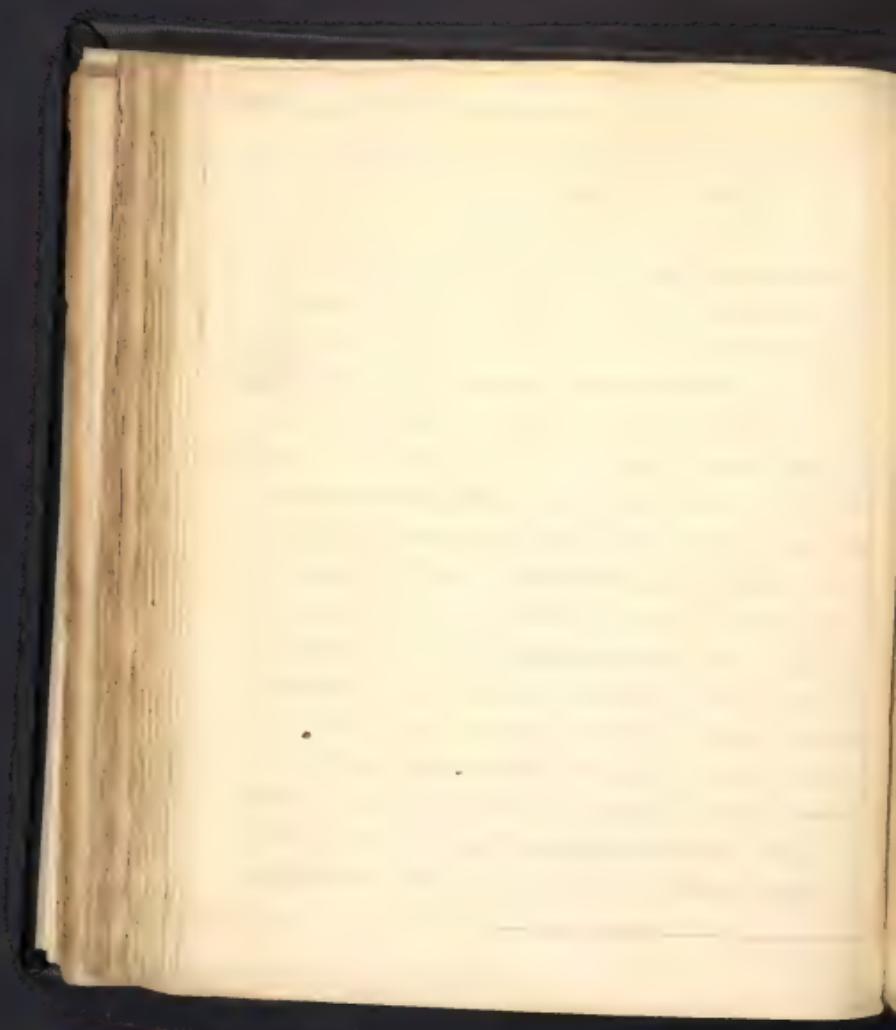
dilate the gastric liquor; that it has not that power to act upon it, as when solid food, for there the stomach contracts upon the contained mass, and the gastric liquor acts upon successive layers, which as they undergo its solvent power, are removed by the muscular coat of that important organ, so that new layers are constantly exposed to its action, until the whole is duly acted upon, and sent to the duodenum. Potable of a strong nature and all insipidous articles, digested of their gluten and all harsh, vegetable, astringent articles are to be avoided, keeping the orange and strawberry, all the soft and acid fruits, have proven very indigestible. Melons and cucumbers are to be particularly avoided. Mucilaginous fruits, such as ~~hemp~~ and ~~goose~~berry are also injurious. The stone fruits are thought to relive on this disease to great effect; to aid it; but all this depends in a great measure upon



and in particular constitution of the individual
some thing will be that must and does
injure us. But now, persons are apt to think that they
are not injured, by those fruits, it is best to
abstain from them, as they destroy the tone
of the stomach, by producing distension and
thereby weakening the movement of the bowels in
eating and drinking must be strictly avoided
as the accidie propensations are decidedly in-
jurious in as much as they produce an un-
easy and unnatural stimulus to the stomach.
For owing the power inherent in the mind
over the body, the power of the mind over the body
which is called in Phys. the animal
spirit, is great. The same time that the animal
spirit is great, the same time does the body
begin to evince violent action on the stomach
which acts upon it, causing on the main produc-
ting a train of various evolutions which are
of the most distressing character. The violent
effects of ardent spirits on the volatile organs



are so well known, that it is almost useless to make any remark on that subject. I will relate a case by way of example. A few years ago, said of disfection that the volatile parts of the spirits are transmitted to the brain. A case is related in a late medical work, when a labourer had ~~set~~ a way, so that he could drink a quart of gin, this he did, but in fifteen minutes he fell a sacrifice to his levity. The disfection was long ex-
hilarating no much to organic vision, but in opening the ventricles of the brain, the odour of the gin was distinctly perceptible, to all the bystanders. Other cases of equal interest might be related, but the above case is sufficient to illustrate the noxious effects of alcohol. The continued abuse of alcohol spirits begins to affect in an alarming manner the coat of the stomach. The cardia and pyloric orifices become inflamed, ulcerated, and even cancerous or gangrenous and at length the mortal victim becomes so excreted and debilitated



that he would not be able to sit at
the table for a week. It is not a
trifling consideration. If most of our money
and only now this element, may be
so much property, and confined
with the disease, affect with the brain and
stomach, the disease may be
the cause of deranging the action of the mind
as they are now with this disease and
the intellect, it may not be much, but
they think the patient to be much, which
is, if a man cannot manage his
affairs properly. Have spoken of such matters
as we know to prove injurious to the mind, from
and the like, to the mind.

I shall now endeavor to point out some lines
of his in the speech, this last element consists
of a drowsy, and listless, and a slow, slow
and rather weak, but it is. This only
and fat portion. The most of it is to be



foreordain that of your animals, as it is
your provision and the unerring instinct of the
census, beef and mutton are to be preferred to
veal and lamb. The flesh of game is particularly
suitable for the dragoon, because it is more digestible
and is, perhaps, more nutritious than that of
the other animals. Deer, buck, and hares
are particularly appropriate to procure such
delicacies. The white meat of domestic fowl
is good to serve very well with game. Thus
obtained, the fowls such as pigeons, turkeys,
are very savory and dainty food, and have an in-
valuable power of an invigorating nature.

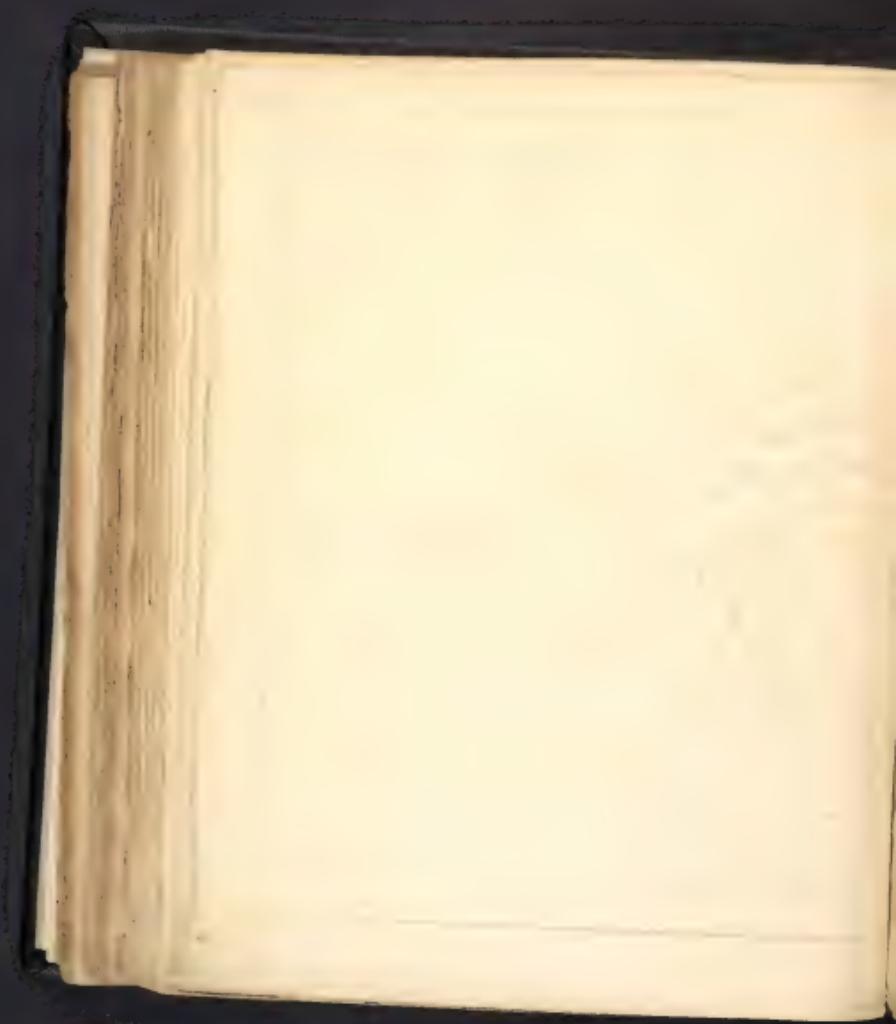
Individuals tormented by infestation should be made
well in the use of bread, especially rye bread,
since bread is not so insipid. Then, the flour or
rye bread is preferable to other parts or articles of this
kind. The rye is then bread, which has a
most penetrating to the taste juice, & is most
useful to serve, but others object to them, and



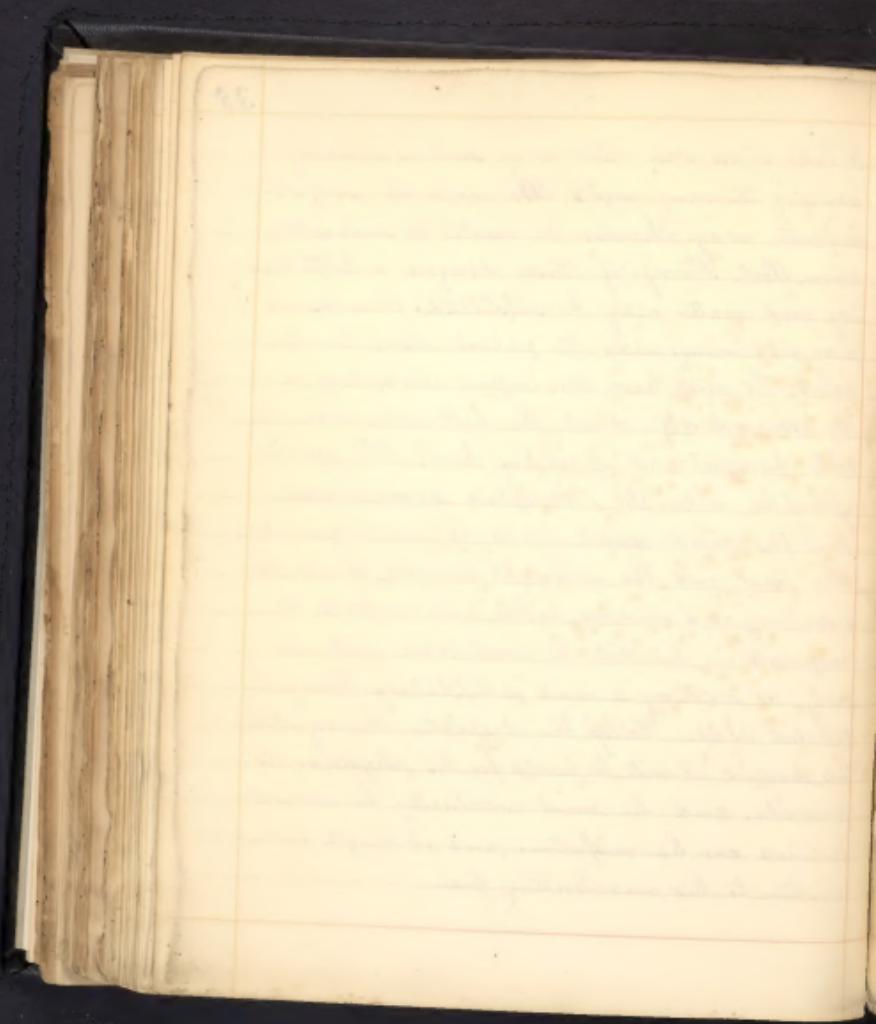
and take a warm bath, & consider the water
which is either in the neck, or the stomach
from those eruptions. so that the water
which are so salacious are suited to the patient
and his mind. with such as they are, who
may be taken a sponge with a little water or
biscuit. the patient, wine, cups, &c. must
be taken, & so to a moderate application or
dilution, but one should be taken never to
go to bed with an empty stomach, because then
an infection, it will proceed and infect and
corrupt, the list of prohibited articles, and
such as are proper, but as it would over载
us in this treatise, & shall abstain from
further writing, electrical or dietic treatment
according as relate to the aëroptic, I now con
sider the water, to some of the most salutary
places to be worthy: those of Saratoga are with
of them, & and those are others in the country
that deserve a trial, Mineral waters are

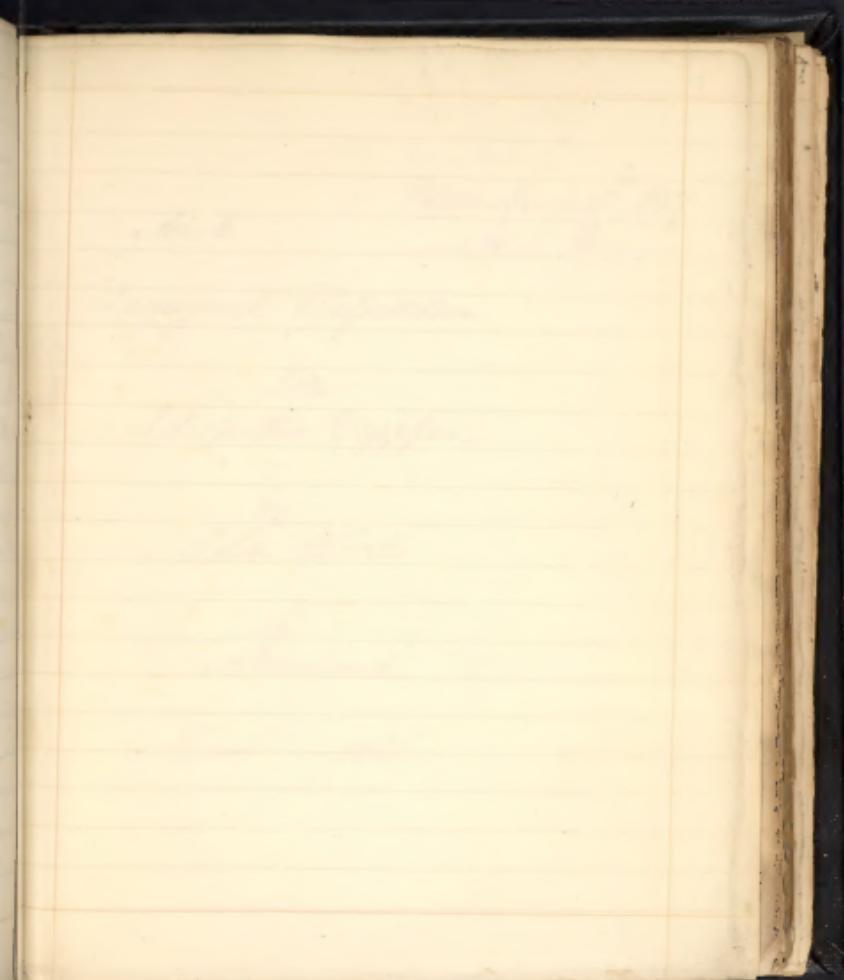


powerful remedy in this disease. When the
patient is inactive and the part is covered
with a moist crust, combined with the
foul influence of the company, and the presence
of a few skin friends, who are always present.
The soiled skin is the prospect to temporal
misery; it is the object and the speedy restoration
to health. All of these means combined have a long
process to cure the system and to produce a speedy
removal of the tubercles, and, if properly applied
and to other retarding, the salt should be from 10
to 15 and be constantly renewed. Apply the salt
warm and communicate heat to the skin, which
is generally insipid owing to the exiguity with
the livid skin. Salvia is a powerful ad-
juvant in this application of the salt of the sea,
it is cut to match the patient's skin, the smaller
the cut, the better it is in the opinion of the author; it
is a number of minutes on the skin, and
continually to be renewed, the salt to be



to take it in some other way, such as swinging, dancing, throwing weights. The moderate use of stimulants, may likewise be resorted to, such as Mescaline, Port, Sherry; if these disagree, a little brandy and water may be substituted. Remedies will prove unavailing, until the patient deserts his old habits, he must leave the impure atmosphere of the crowded city, desert the ball room, as also the rich banquet and sparkling bowl. All public assemblies, where the atmosphere is contaminated, and the mind excited, are to be sedulously avoided. He must quit the midnight carousal, as also his sedentary and studious habits, and resolve to be temperate in his diet, he must retire and rise early, as nothing is more debilitating than protracted sleep. Unless the dyspeptic thus regulates his conduct, it will be useless for his physician to prescribe, and he must eventually be allowed to brood over his misfortune, and at length fall a victim to his unrelenting foe.





to a new volume

to be done

to be read this

improper division of syllables p. 34.